FACTORS INFLUENCING SUSTAINABILITY OF FOOD FOR WORK PROJECTS: CASE OF WORLD RENEW PROGRAM IN ISIOLO COUNTY, KENYA

BY

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DECLARATION

This research project report is my original work and has not been presented for any degree award in any other university.

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This research project report has been submitted for examination with my approval as the candidate's University supervisor.

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DEDICATION

This work is dedicated to my dear husband Marshal for his unwavering support. Thank you for being there for me during this season of my studies and for always being so willing to help when I was stuck.

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ABBREVIATIONS AND ACRONYMS

ADS MKE	-	Anglican Development Service of Mt Kenya East
AUS-AID	-	Australian Aid
CFGB	-	Canadian Food Grains Bank
CIDA	-	Canadian International Development Agency
FFW	-	Food for Work
FGDs	-	Focus Group Discussions
KNBS	-	Kenya National Bureau of Statistics
NGOs	-	Non-Governmental Organizations
SPSS	-	Statistical Package for Social Sciences
UNDP	-	United Nations Development Program

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ABSTRACT

Achieving sustainability for most development projects, despite then being high cost projects has been a great challenge. As such, variables that predict the sustainability of FFW assets are a high priority in ensuring that sustainability of FFW assets is achieved. This study endeavored to establish the factors that influence sustainability of FFW created assets in Isiolo County Kenya. Despite FFW being extolled as a more efficient means of food aid compared to conventional methods of food distribution such as general food aid, sustainability of FFW projects has been discussed only most recently by World Vision and Canadian Food Grains Bank. This is also notwithstanding the fact that FFW has been in operation as a model of food aid for the past three decades with the earliest interventions being carried out in Ethiopia in the early 1980s. This study will serve to bridge the gap in knowledge in terms of addressing the factors that influence sustainability of food for work projects. There is a consensus among the development workers that for any project to meet its objective, it must be sustainable; examining sustainability of projects is of great significant because of the impact that is associated with terminating benefits but also because of the cost that is incurred during implementation of the project. This study therefore aimed at establishing the factors that influence the sustainability of FFW created assets. Factors influencing sustainability of FFW created assets were established using the following variables: Participation of the community in design and implementation of FFW, influence of capacity building of the community on the sustainability of FFW, influence of linkage of partner's development strategy to FFW on sustainability. It is hoped that the results of this study will be utilized in implementation of FFW projects with the view of enhancing sustainability of future projects. On research methodology, mixed method of research were employed in the study where both quantitative and qualitative studies were utilized .To form a framework for the study, a comprehensive review of literature was undertaken. The research targeted the 900 FFW beneficiaries in the Isiolo County as well as the implementers of the project. Simple random sampling of the beneficiaries was undertaken while the project implementers were sampled purposively. Following Yamane sampling formula a sample size of 90 was used. Primary data was collected by use of questionnaires as well as interviews. Data analysis utilized descriptive statistics used to analyze the data where the Statistical Package for Social Sciences was used to analyze the data. Following univariate analysis of the data odd ratio of the independent variables was calculated against sustainability, the researchers infers that the some of the variables have a significant association with sustainability of the projects. The variables with significant association were age of the beneficiaries, participation in problem analysis, identification of assets, working at the project site and capacity building of the community .Further ,multivariate analysis showed that none of these variables had a significant association to sustainability of the asset created by itself .From this ,the researcher infers that for sustainability of these projects to be achieved, the factors must be employed in complementarity rather as independent to each other.

CHAPTER ONE
INTRODUCTION

1.1 Background of the study

Food for work is often referred as the "developmental food aid" and has been widely embraced by many organizations as a means of food aid where the participants give labor in exchange for food. In food for work initiatives, beneficiaries who are food insecure work on a public utility that is expected to benefit community; this is as contrasted to food for assets programming where the participants work to grow or multiply household assets. FFW prescribes that all able-bodied participants give labor in exchange for the food that is distributed to them and generally, the project pays a daily food wage. Participants are selected based on their food insecurity vulnerability and their potential to give labor in exchange while community members who are unable to give labor may participate in general food distribution (Barret, Holden & Clay, 2002).

Enthusiasts of this model of food distribution argue that Food for work meets the short-term development objectives by creating demand for the unemployed or under-employed labor. This can even be in absence of severe shocks but also in times of seasonal fluctuations for example in the case of a decline in amounts of rainfall, which would preclude production of sufficient amounts of food in a rural locality. Food for work projects are thus aimed at not only cushioning the beneficiaries from food insecurity but also reducing the vulnerability of such communities to future shocks. In absence of these safety nets that cushion the community from the transitory shocks, negative coping strategies are adopted and may include the cutting down of trees for charcoal, distress migration, sale of livestock and other household assets. These coping strategies offer short-term respite against the shock while exposing them to further vulnerabilities as well as compromise their future income prospects (Barret, Holden & Clay, 2002).

Food for work also creates an avenue for self-targeting transfers as well as an opportunity to create valuable public utilities. It is further argued that FFW discourages dependency on food aid while at the same time creating a safety net that allows participants to recover from shocks that would otherwise undermine their livelihoods. FFW commonly aims to produce valuable public goods necessary to stimulate productivity and thus income

growth. Examples of the public good projects that are initiated by the food for work projects include the construction of water pans, opening up of new roads, dry land farming, and planting of trees among others. FFW is also taunted as a means that reduces the logistical support that is required for a food aid programming since self-targeting of project participants is employed. This is based on the rationale that only the most economically vulnerable will be interested in engaging in FFW as the wages provided are below the market prices. Food for work has also been argued to a better model of food distribution in communities that are highly patriarchal and thus the cash economy is male dominated. Distribution of food rather than cash ensures that the nutritional status of a food insecure family is improved. (Barret &Maxwell, 2005)

From literature review gathered by Barret, critics often argue that food for work may result to competition for other form of labor which may be as a result of the attractive source of wage that is offered by food for work and the increased leisure that is associated with increased income. Additionally it is also argued that food for work activities may cost more in terms of labor than what participants earn in return. In situations where FFW activities lack proper professional or technical supervision, the public utilities created may be of substandard quality and may thus not meet the objective of creating community assets that add value to the community. It is also argued that FFW may result to disintegration of community systems that include community support towards those suffering from shocks, there is likely hood for reduction in help since FFW has stepped in to take over the role. Additionally, with increase in FFW it may become difficult for the community to supply labor towards their community development once they become accustomed to receiving a contribution for them to participate in the construction of an asset (Barret, 2006).

Food work has become increasing popular in the sub-Saharan Africa over the past decade (Devereux 1999, von Braun et al. 1999). The sharp growth in food for work popularity has been influenced by several trends: policymakers and researchers have come to understand hunger as being largely determined by individuals' capacity to maintain access to sufficient food to maintain good nutrition, and thereby good health, and much less as a function of local food supply shocks than had been previously

believed. Partly as a consequence, FFW schemes have blossomed as regular transfer programmes in chronic food deficit regions as a means of ensuring access to food.(Barrett, Holden and Clay ,2002). Secondly, the desire to curb dependency that is attributed to participants getting items that they have not worked for hence the greater need to shift from general food transfer to workfares. Other trends have included the reduction in development aid to developing countries thus fewer resources have been allocated to development in the past years. Consequent to the lower allocation of resources to the development work, the need for optimal use of resources has also influenced the shift to FFW activities.

There is also an emerging consensus that chronic hunger or food insecurity should be addressed in a more predictable way rather than as an emergency. In some cases, donor have also become skeptical of the unending feeding programs in some areas which undermine the resilience of these communities in drought. These trends have resulted to the higher adoption of FFW with view of creating safety nets and social protection mechanism. The safety nets and social protection mechanism ensure that not only are lives saved but also provides the avenue for protection and strengthening of livelihoods. In addition to protecting and strengthening the community livelihoods an avenue is also created to facilitate addressing of the root causes of chronic food insecurity and poverty (World Vision, 2009).

In Sub-Saharan Africa, food for work has been most extensively employed as a model of food aid in Ethiopia resulting from recurrent droughts that most prominent in 1984-5 which was later aggravated by political turmoil. Consequently, most of the literature available has its origins from the experiences and lesson from FFW activities implemented in Ethiopia.(Humphrey,1998) In Kenya FFW has also gained it equal share of popularity and is majorly implemented by World Food Programme in collaboration with the government of Kenya. Other organizations that have been implementing FFW as model of food aid include; World Renew, World Vision, and Food for the hungry. Canadian food grain banks, which World Renew is a member of, has been responding to communities who are food insecure for the last thirty years through food aid. Food for

work projects form the largest area of CFGB-World Renew intervention and is geared towards social protection of communities as well as promotion of livelihood growth. There is a growing interest in the potential of the projects to contribute to increasing empowerment, building resilience to crises and shocks .

1.2 Statement of the problem

While there is a general theoretical consensus from literature reviewed that FFW offers myriad benefits to the community that it is being implemented in, it is becoming more apparent that with most development projects despite them being huge cost projects, sustainability is seldom achieved (Tacconi, and Tisdell 2006). In the case of Food for work projects, when sustainability of the assets created is not achieved, valuable beneficiary time that would have been invested by the beneficiaries to feed for their families is wasted. Therefore, when sustainability of FFW created assets and the factors influencing this sustainability remain unaddressed, there is a risk that FFW remains what is referred to by Barret as a "work of hunger". In this case, the communities work in order to get food but the work done is not productive and does not create a cushion against future food insecurity. Eventually such communities usually enter in a vicious cycle, where they engage in unproductive labour in order to get food and once the food project is completed they go back into periods of food insecurity. Such communities remain trapped in what Barret terms as poverty traps and for this to change, there is need to assess the sustainability of food for work projects and the factors that influence their sustainability. (Barret, 2005)

In the cases of assets created by FFW, it is only until recently that the sustainability of the assets created as well as the benefits from the assets have been evaluated by World Vision in 2009 and CFGB 2013. Studies conducted in the area of FFW have focused on whether food for work acts as a disincentive to agriculture and production (Fitpatrick and Storey, 1989; Gelan,2006; Abudullai and Barret, 2005). Canadian Food Grains Bank recently evaluated the sustainability of the impact that was created by its food for work programming in the past 5-25 years. Although the findings may be termed as anecdotal since a small sample size was employed, the report suggests that some of the CFGB funded projects have been sustainable it also indicated that despite there being tangible

benefits from the assets that were created, little or no maintenance of the public utilities created was observed. Further, the report indicated that without post project incentives there seemed to be little construction of the public utilities that were created (CFGB, 2013). Thus, there is little evidence-based information on the factors that influence the sustainability of the FFW created assets despite it being enthusiastically advocated for .There is therefore the need to have an in-depth look at the factors influencing FFW projects sustainability with the hope of incorporating the lessons learnt into future planning and implementation of World Renew food for work projects.

1.3 Purpose of the study

The aim of this study was to investigate the factors that influence sustainability of food for work projects in Isiolo County.

1.4 Objectives of the study

This study was guided by the following objectives:

i. To determine the extent to which participation of the community in project design and implementation influences the sustainability of Food for work projects.
ii. To establish how capacity building of the community influences sustainability of Food for work projects.
iii. To assess how partner's development strategies influence sustainability of Food for work projects.

1.5 Research questions

The study sought to answer the following research questions:

i. To what extent does participation of the community in project design and implementation influence the sustainability of Food for work projects?
ii. How does capacity building of the community influence sustainability of the Food for work projects?
iii. How does partner's development strategy influence on the sustainability of the Food for work projects?

1.6 Significance of the study

It is hoped that the findings of this study will serve the purpose of informing organizations that implement FFW in the planning and implementation in Food for work projects. The study forms a perspective of connecting relief and development work in Kenya thus making optimal use of resources that are available to the organizations. Furthermore, it is anticipated that the study will provide evidence based information on gaps in FFW programming and provide recommendations.

It is also hoped that the study will create an opportunity to document the ability of the participant community to manage and maintain community assets created after projects closure. This is hoped will ultimately ensure that the projects /public utilities created by the project participants are sustainable and thus useful to the participant communities.

1.7 Basic assumptions of the study

During the study, it was assumed that the stakeholders would be willing to respond to questionnaires that had been structured for the study.

1.8 Limitations of the study

Due to the limited resources available for conducting the study, the study focused on one district where World Renew has been implementing Food for work. This therefore means that the findings of this study may be context specific and thus may not be generalized to other areas. The researcher however maximized on the resources that were available to ensure that the research was conducted comprehensively.

1.9 Delimitations of the study

This study did not focus on all the areas that World Renew has been implementing food for work activities. The limited resources in terms of time, human resources and finances occasioned this. Isiolo district in this case was selected as the area of study since it has been a beneficiary of food aid in the form of FFW for a longer period as compared to the other districts and the sustainability of the food for work projects as been observed by the researcher to be wanting. Additionally, while literature reveals that there are many variables that may influence the sustainability of the Food for work projects, this research focused on only a section of them; Participation of the community in planning and

implementation of the FFW projects, capacity building the community as well as the partner's development strategy. The factors that were focused on were in relation to the researcher's field experience.

1.10 Definition of significant terms used in the study

Food for Work – a compensation plan for workers who are paid in food rather than cash wages.

Sustainability of Food for Work: This is the continuation of the benefits that result from the assets that are created as a result of FFW after the donor support has ceased. This therefore means that there is sustained flow of benefits, however this does not necessarily mean the project activities but rather that the new structures are appropriate, owned by the stakeholders and supported on ongoing basis by the local resources.

Community participation; a process through which the community influence and share control over development initiatives and the decisions and resources which affect them. Here, the development project acknowledges that the beneficiary community has the strengths and innate ability to chart their development agenda.

Community capacity building: an approach to community development that raises people's knowledge and skills while building on what is already existent in that to solve underlying causes of under development.

Food for work created Assets; these are public works that are created as a result of food for work.

Livelihood – Livelihoods comprise the ways in which people access and mobilize resources that enable them to pursue the livelihood goals necessary for their survival and longer term wellbeing.

Social Safety Nets – are mechanisms that mitigate the effects of poverty and other risks on vulnerable households. Risks can be temporary or permanent, and they can also be idiosyncratic, affecting specific households (such as illness or death of a breadwinner) or

covariate, impacting communities and countries like drought and a shift in the terms of trade (IDS 2006).

Vulnerability – defines the characteristics of a person or group and their situation that influence their capacity to anticipate, cope with, resist and recover from the impact of a hazard. It involves a combination of factors that determine the degree to which someone's life, livelihood, property and other assets are put at risk by a discrete and identifiable event (or series or cascade of such events) in nature and society .

1.11 Organization of the study

This study is organized into five sections, Chapter One covers background of the study, problem statement, purpose of the study, objectives and research questions. It also covers the significance of the study, basic assumptions, limitations and delimitations of the study and finally the organization of the study. Chapter Two covers literature review where the different variables that underpin sustainability of FFW are discussed. Chapter Three spells out the research methodology. This includes introduction, research design, target population, sample size and sample selection procedure, research instruments, data collection procedures and data analysis procedures. Chapter Four covers data presentation, data processing and interpretation, while Chapter Five gives a summary of the research findings, conclusions and recommendations.

CHAPTER TWO
LITERATURE REVIEW

2.1 Introduction

This chapter reviews literature on concepts that underpin sustainability of FFW created assets with the aim of forming a theoretical basis for the research. The literature review encompasses a background on FFW, the concept: of sustainability of food for work, of participation in Food for work, linkage of development to food for work. The first section of literature review focuses on the background of FFW programs, while the second section looks at the concept of sustainability in relation to sustainability of FFW created assets. Participation, capacity building and linkage to partner's development strategy in relation to sustainability of FFW created assets are discussed next and some of the indicators as proposed by literature that can be used to measure these variables.

2.2 The concept of Food for work projects

Food for work as a model of food aid programming has gained wide popularity in the developing world and more specifically in the Sub-Saharan African. FFW is widely touted to provide a safety net for food insecure household while at the same time creating valuable public utility assets that support the transition from relief to development. The rationale for adoption of Food for work over other food transfer modalities is that FFW supports the community to create public utilities that facilitate communities' recovery from shocks it however not clear the extent to which the assets creates achieve the objective aforementioned objective. (Barret &Maxwell, 2005)

Advocates for Food for work programming argue that FFW reduces the level of dependency that is associated with food aid since it prescribes that the participants give labor in exchange for the food rations received while at the same time alleviating short-term food insecurity. Additionally, proponents of this model also allude to the fact that FFW reduces the cost of operation as compared to conventional/general food aid since self-targeting of project participants is normally undertaken. Food for work also creates a social protection mechanism where food insecure households are supported with food that acts as safety net during seasons of food insecurity. This for example is by providing

food in the dry season thus protecting the community from selling their major livelihood assets.

On the contrary, there are those that have argued that FFW has disincentive effects on project participants due to its capacity to compete with other forms of labor such as agricultural labor. It is also suggested that the work requirement of the Food for Work makes the poor less likely to participate (Gillian and Hoddinot, 2004). This is attributed to the fact that poor household have less labour available to them, for the poor household Food for work is seen as an alternative source of income rather than as safety net.

A line of thought suggesting that in inappropriate targeting Food for work, saving by the beneficiaries household reduces significantly due to the insurance that is provided by availability of food has also been forwarded (Amer,2007). Studies to explore whether FFW has disincentive impact on the project participants have been conducted as well as studies that explore whether FFW result to dependency of the participants on food aid.

Critics also argue on the failure of the FFW to create public utilities that are sustainable as well as benefits that last beyond the project timeline. Additionally, it has been argued that FFW results to diversion of much needed development resources only to end up creating public utilities that are unsustainable. Not much empirical evidence is available on the sustainability of food for assets projects, benefits that are created by the FFW project or the factors that influence the sustainability of the FFW programming. Sustainability is an ongoing theme in FFW and there is need for organizations that are engaging in FFW programming to have evidence-based information on the factors that are influencing sustainability of the FFW projects for the purposes of future programming.

2.3 Sustainability of food for work projects

Among development workers, there is a universal consensus that for any development work to meet its objective, it must be sustainable. Sustainability of projects is very significant first because of the impact of terminating the benefits that were associated with a project but second due to the cost incurred during implementation of a project. This is in the aspect of the social capital, economic as well as environmental resources

that are invested in a FFW project. The concept of sustainability in FFW projects has been scantily discussed despite the fact that FFW as model of food aid implementation has been widely embraced. Sustainability has been discussed from the environmental perspective as the ability of one generation being able to meet its needs without compromising the ability of future generations to meet their own needs World Vision, (2009). Sustainability defined from a donor perspective may mean the persistent of projects and projects benefits after the project closure (AUSAID, 2000). All these definitions of sustainability converge at a common goal of a continuation of flow of benefits throughout and even after the project cycle.

Shediac-Rizkallah and Bone (1998) from literature on the concept of sustainability have categorized sustainability into three categories; Maintaining benefits that were achieved through the initial program, continuing of a program within an organization, and building the capacity of a recipient community to continue with a program. Further, they suggest that sustainability of programs is dependent on the following influences: project design and implementation factors, organizational setting factors as well as factors within the community setting.

World vision, (2009) Further affirms the above observation in a recent study that indicates that sustainability ought to be investigated both at the level of the assets that are created as well as sustainability of the benefits that are gained. The works that the project participants give in exchange for food must not be looked as an end to themselves but rather as a means of meeting the greater objective of addressing the issues that expose the community to food vulnerability. The public utilities created by the community if they are sustainable provide a safety net that facilitates the community in moving from the food insecurity trap. Some of the factors that have been suggested to influence sustainability of FFW as proposed in the World Vision report include ensuring: Ownership of the FFW project by the community, linkage of the FFW project to the government policy and plan, linkage to the overarching development plan of the community, assets created are environmentally sustainable and the assets created are locally resourced.

2.4 Participation of the community in design and implementation of Food for work projects

Participatory development emerged with the recognition of the inadequacy of the traditional top down development. The shortcoming of the traditional external and expert oriented approach became evident in the 1980s; there was a realization that the intended development goal to reduce poverty was not realized majorly due to lack of effective and lasting community participation. Since then there has been a greater push and advocacy towards ensuring that the community is the center of development through encouraging involvement of both the socially and economically marginalized groups in decision-making.(World bank,2006;Masanyiwa and Kinyasi, 2008)

One of the conditions in ensuring sustainability of projects is ensuring ownership of assets by the community. This can be achieved through a participatory approach in programme design and implementation. When true ownership for the project is felt, the communities are likely to invest a considerable amount of their time and resources in maintaining the assets. (World Vision,2009) .Participation either in relief and development projects facilitates fostering of a sense of organization with the view of increasing the control of the public utilities by the community and handle over as the ultimate goal.

Kumar, (2002) has argued that genuine people's participation can increase the efficiency, effectiveness, self-reliance, coverage and sustainability of development projects and programs. Isham et al 1995 asserts that increasing participation of beneficiaries in community water projects directly causes better project outcomes. He argues that where local people are involved in decision making at all the stages of participation in project cycle, participation then becomes high and best result follow. Participation of people results to the desired social change whereas the imposing of decisions and plans result to the opposite as a well as unsustainable projects. Heck, (2003) Further affirms this when he says that in participatory development, it is expected that the beneficiaries contribute to the planning of the project or programme, participate in its implementation, monitoring and evaluation as well as share its full benefits.

As a result, wide arrays of participatory approaches and methodologies have been developed to ensure that participation is incorporated into development. This approaches and methodologies have been incorporated in varied organizations; from the multinational organizations to the smallest organizations at the community level. When an effective and efficient participatory approach has been put in place in program design and implementation, communities have a true sense of ownership and are therefore likely to invest considerable time and resources in maintain the assets that are created (World Vision, 2009).

Some of the factors that impact the nature and quality of stakeholders' participation may include: the participation style, relationships, information sharing and interaction. For example, local stakeholders with negative relationships with other stakeholders participate less frequently as compared to those with a positive relationship (Addae-Bahene, 2007).Conventional Community participation has however be faulted for its limitation in the technical capacity as well as the fact that it assumes that communities are composed of people with homogenous characteristics and that are static. It is argued that conventional participation does not put into considerations a community's power dynamics, which may cause the decisions of an already powerful group to prevail at the expense of the marginalized (Cooke, 2001).

Participation as a theme has been suggested from two perspectives where one school of thought describes participation as a means as well as participation as an end. In the former school of thought, participation is viewed as a way of achieving some important objective where resources are harnessed to achieve the development objectives that have been set. Participation as an end on the other hand focuses on empowering the communities so that they can be in charge of their own development objective, here participation is seen as a means of empowering the individuals with the skills, knowledge and experiences that are necessary. Participation can also be considered from a weak or strong dimension where weak participation involves informing and consulting while strong participation consists of involving partnership and control. Neither of the levels of participation in the continuum can be deemed to be better than the other since different

levels at the continuum are useful at different development times and contexts (Wilcox, 1994).

Several approaches to encourage participation in development have been used and they define participation of beneficiaries at different levels: Induced involvement; this is where the strategy for the project is already predetermined and the intended project participants are expected to carry out certain participatory activities in order to benefit from the project. Participation may range from contribution of labor to contribution of materials that are used in the project. Transitory mobilization involvement; People get involved in certain temporally tasks for the development of their community but there is no structural or institutional frame work that is set for further involvement. Group formation; the project in this case strengthens existing self-help groups and self-run groups through which the community can assess resources ,actively participate in planning as well as actively participate in the project (Heck ,2003).

To facilitate participation that results to empowerment of the community, (Heck, 2003) indicates that self-formed and self-run groups and organizations are appropriate for full participation leading to the empowerment of the poor. Other possible approaches of facilitating community participation include the use of extension officers as the link between the community and the project implementers. The extension facilitate this by providing information on local needs, conducting impact assessment as well as creation of awareness on roles and responsibilities (Nkunka,1987)

Table 2.1 : **Typology of participation; Adapted from Pretty (1995, p.1252)**

Level	**Characteristics of each type**
Passive Participation	People participate by being told what is going to happen or has already happened. It is a unilateral announcement by leaders or project management without listening to people's responses or even asking their opinion.
Participation in Information Giving	People participate by answering questions posed by extractive researchers using questionnaire surveys or similar approaches. People do not have opportunity to influence proceedings, as the findings of the research are neither shared nor checked for accuracy.
Participation by Consultation	People participate by being consulted, and external people listen to views. These external professionals define both problems and solutions, and may modify these in light of people's responses. Such a consultative process does not concede any share in decision-making, and professionals are under no obligation to take on board people's views.
Participation for Material Incentives	People participate by providing resources, for example labour, in return for food, cash or other material incentives. It is very common to see this called participation, yet people have no stake in prolonging activities when the incentives end.
Functional Participation	People participate by forming groups to meet predetermined objectives related to the project, which can involve the development or promotion of externally initiated social organization. Such involvement does not tend to occur at the early stages of project cycles or planning, but rather after major decisions have been made. These institutions tend to be dependent on external initiators and facilitators, but may become self-dependent.
Interactive Participation	People participate in joint analysis, which leads to action plans and the formation of new local institutions or the strengthening of existing ones. It tends to involve interdisciplinary methodologies that seek multiple perspectives and make use of systematic and structured learning processes. These groups take control over local decisions, and so people have a stake in maintaining structures or practices.
Self-Mobilization	People participate by taking initiatives independent of external institutions to change systems. They develop contacts with external institutions for resources and technical advice they need, but retain control over how resources are used. Such self-initiated mobilization and collective action may or may challenge existing inequitable distributions of wealth and power.

Effective participation that results to ownership can be measured by the following parameters; Presence of decision making and advisory opportunities, substantial time dedicated to goal-related activities, leadership representatives of the committee, high degree of local program control, general satisfaction with groups participation process, long term maintenance of initiated programs (Bracht and Tsouros, 1991). World Bank, (1996) has also provided some indicators that may be used in measuring participation in development which include; flat management structure with decentralized authority; organizational structures at the community level to which funding and/or other decisions are delegated; use of iterative planning, involving consultation with local communities, contributions of cash, labour, raw materials, or local facilities by community members and organizations, making them clients rather than beneficiaries of the NGO; staff recruitment criteria, incentives, and training that support participation; strong field presence outside metropolitan areas with a high proportion of staff of local origin; and community leaders and members have a positive perception of the NGO.

2.5 Capacity building of the community and sustainability of FFW projects

Capacity building similar to participation has been widely embraced by many NGOs as a key component to sustainable development. Capacity building in a community focuses on understanding the obstacles that inhibit that community from achieving or realizing their development goals. In capacity building, there is a focus to strengthen skills, competencies and abilities of peoples as well as communities. Diverse scholars have defined capacity building in various ways depending on the context: Foundational definition of capacity building portrays capacity building as being closely related to education, training as well as human development. Conventional definitions of capacity building have alluded to the fact that capacity building in addition to education and training should also include the overall goals that are to be achieved. Thus, while the key focus in a FFW project maybe to train the community in maintenance of the waters pans that are created, it should also focus in developing capacity of the community in other avenues that may result to behavior change(Strong and Kim, 2012).

Gibson (2002) defines capacity building as people helping people to build skills to build their own future. The skills can be at different levels and may include at the individual

level, organizational level as well as the community level. In conceptualization of the theme of capacity building, Morgan depicts capacity building as a complex learning, adaptation and attitudinal change at the individual, group, organization and social level. Through capacity, building people tend to assume new responsibilities and devise new collective solutions to common problems (Morgan, 1997). Simply put capacity building can be seen as a way individual or communities develop abilities to perform functions, solve problems and achieve set out objectives. Capacity building therefore, ought to not only consider the inputs and outputs but also focus on the process as well as behavior change.

Capacity building to achieve development goals can be at different levels. UNDP classifies capacity building at the individual level, institutional and societal levels. At the individual level, capacity building requires there to be conditions that allow participants to enhance and build on existing knowledge and skills with the societal capacity building aiming at public administrations that are responsive and accountable. While at the institutional levels, community capacity building aims at aiding pre-existing institutions in developing countries. (UNDP, 2006). The three levels of capacity building ought to be addressed as inter-related levels rather than in silos.

Oxfam affirms this by indicating that capacity building ought to be viewed as an approach to development rather than a set of discrete interventions. Thus, capacity building must also consider the social, economic, political and environmental dimensions since it is deeply embedded in them. Capacity building may consist of activities designed to increase the competencies and effectiveness of individuals and organization. Such activities may include training of leaders, assisting in strategic planning and program design (Stryk, Damon, Haddaway, 2011),

Underlying principles of community capacity building may include; empowerment, participation, inclusion and equality of participation. Capacity building of the community in the aspect of FFW work may include a detailed problem analysis that facilitation of the community to identify and prioritize their needs. Training of the community in the creation and maintenance of the assets is also needful. Capacity building monitoring should not be limited to the inputs but also should include components of behavior

change, for instance in the creation of water pans, this should include demonstration of commitment in maintenance of the water pan by the community (Ennemark, 2003).

Some of the factors that have been proposed to influence community capacity building include; administrative structures and linkages which need to be strengthened if capacity building is to be achieved, alignment of the program with stakeholders needs, ensuring and maintain positive relations among the stakeholders, commitment to quality program implementation, as well as ownership among stakeholders (UNDP,2006).

Capacity building constrains sited in various literatures include; Lack of availability of homogenous tools that can be used across the FFW programming and even where these tools are available, they have not undergone rigorous evaluation to determine their effectiveness. Additionally capacity building in most project are seen as supportive elements the project and thus are not held at the same standards as the primary objectives of the project.

2.6 Partner's development strategy and sustainability of food for work projects

Understanding the connection between relief and development and realization of the synergy between the two has been popularized as a key constituent to sustainable FFW projects .There is a general accord among the literatures reviewed that a key to reducing vulnerabilities of communities prone to disaster is to capitalize on the inherent development capacity. Without deliberate capitalization on development potential, the gains made during relief and reconstruction phase of a disaster are quickly undermined and the communities remain in a vicious cycle of vulnerability. Factors that facilitate linkage of relief to development including timing of the relief activities, funding as well as understanding of the strategy between partners that are involved in implementation of relief and development (Smillie,1998).

Linkage of relief activities with development activities is a paramount component for sustainability since the staff involved can play a supportive role in facilitation of community to form strong assets management committees (World Vision, 2009). Additionally linkage with the development arm can provide important links that provide a platform for extension services and thus capacity building of the assets management

committees. Involvement of staff for better linkage of relief to development should be from the planning and designing of the food for work intervention as this ensures an in-depth understanding of the nature of the FFW project.

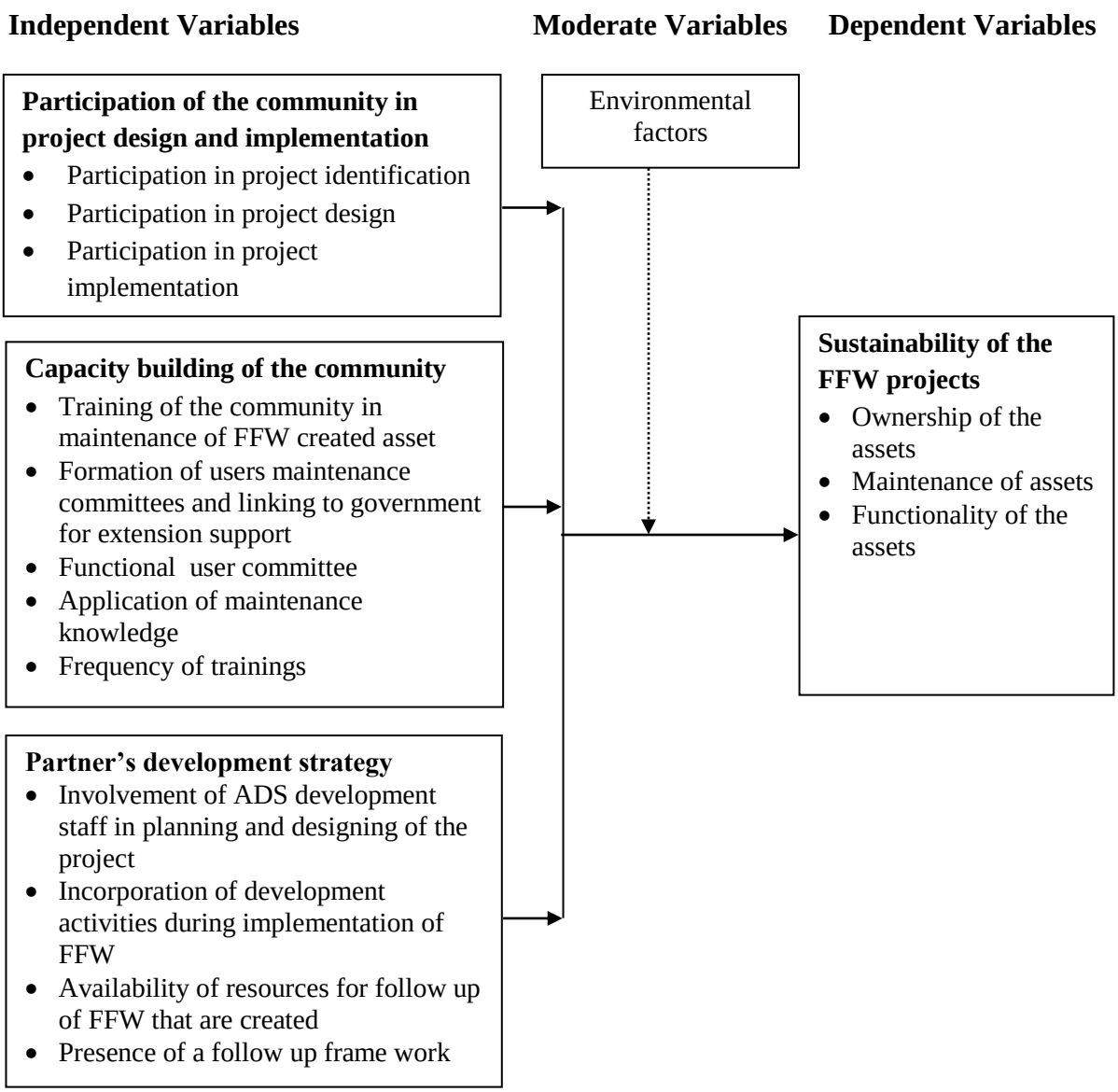
Capacity building in an emergency context may be linked to building the technical capacity of the community, linking of relief to development is therefore an imperative component in ensuring sustainability of the FFW since development provides a platform for behavior change and adoption of the skills and techniques that are trained. Additionally some potential aspects of community contribution are also bypass during disaster response since there is a greater focus on the technical aspect of the intervention rather than the social, political and economic aspects of the intervention. While the technical capacity building is very important and thus cannot be undermined, the other aspects are critical since they harness the local capabilities extensively. For many organizations involved in relief work, reserving funds for future rehabilitation activities may not be possible majorly because of donor requirements. Since most of the relief initiatives are short term, there needs to be a mechanism that facilitates linking FFW to development if the public utilities created are to be sustainable (Smillie,1998).

The challenge in relief and development work has been how to transit from relief to development therefore creating a seamless linkage. The ‘contiguum theory’ (Maxwell et al, 2008) proposes that in order for communities to be freed from the relief trap, rather than aim for transition from relief to development, relief and development initiatives ought to be carried out simultaneously thus allowing synergy. Thus, while FFW projects result to alleviation of short-term food insecurity as well as creation of public utilities, development works to ensure that the public utilities that are created will result reduction of the vulnerability of the community to future hazards. Food for work projects should therefore not operate in silos but should be part of the wider framework that seeks to build the resilience of the community against food insecurity.

2.7 The conceptual framework

A Conceptual framework is a set of interrelated concepts, explicit or implicit, underlying a particular study. Conceptual framework forms the essence of the study. The conceptual framework for this study is based on casual effect theoretical model. The diagram below depicts the factors that can facilitate sustainability of FFW as the independent variables and the dependent variable being sustainability. It goes further to outline the moderating variables on the key variables under study. The diagram below illustrates the conceptual framework for the proposed research.

Figure 2.1 : Conceptual Framework



CHAPTER THREE
RESEARCH METHODOLOGY

3.1 Introduction

Chapter three of the study takes into account an overview of the methodologies, and procedures utilized in this study. Further, it contains in detail process employed in the collection of data as well as analysis of the data to determine the factors that influence food for work project sustainability. The following aspects of the study have been discussed; research design, target population, sample size and sampling procedure, research instruments, validity and reliability of research instruments, data collection procedures and data analysis. Additionally, ethical considerations, operational definition of variables have also been discussed.

3.2 Research design

This study adopted a descriptive research design in meeting the objectives of the study and answering the research questions. A comprehensive literature review was undertaken in order to form a background for the study. The researcher utilized both qualitative and quantitative approaches of data collection. Focused group discussions were employed to collect qualitative data, 2 target groups were involved in the focused group discussion, and these groups were segregated by gender women forming one group while men formed the other. Structured questionnaires which contained both closed ended and open ended questionnaires for collection of both quantitative and qualitative data were used.

3.3 Target population

Isiolo County is divided into 6 administrative divisions namely Central, Garbatulla, Sericho, Merti, Oldonyiro and Kinna. The Borana, Turkana, Samburu and Meru ethnic community groups inhabit the area. According to the 2009 census the population of Isiolo central district is estimated at 143,294 with 73,694 male and 69,600 female while the central division where this study will focus on had a population of 52,280(KNBS,2009). The district is categorized among the arid and semi-arid ecological zones of Kenya and receives 300-500 mm of rainfall per year with coverage of 25,336.1 km^2. The major source of livelihood for communities in this region is agro-pastoralism.

The target population is located in the Central division and has been a beneficiary of FFW programming for the past several years; this makes it the ideal target population since most of the sites completed the FFW activities at least one year ago. The interviews were conducted among FFW beneficiaries who are 900 in total where a sample was drawn. FFW project officers who are six in number also formed part of the target population.

3.4 Sample size and the sampling procedure

This section of the study discusses the sample size that was be used as well as the sampling procedures that were employed during the research.

3.4.1 Sample size

The sample size for this study was 90 FFW beneficiaries drawn from a target population of 900 FFW beneficiaries using the Yamane (1967) sampling procedure.

3.4.2 Sampling procedure

A census of the project implementers was employed since they are definite population and few in number. For the project beneficiaries a sample of 90 was drawn using the Yamane formula provided below

$$n = \frac{N}{1+N\,(e)^2}$$

Where; n is the sample size,

N=the estimate of the population size,

e=error limit

At 95% level of confidence and with an error limit of 10 %

$$n = \frac{900}{1+900\,(0.01)^2} = 900/\{(1+900(0.1)^2\}$$

n=90 respondents

Since the FFW beneficiaries form a homogenous population, simple random sampling procedure of selecting the sample was employed from the target population. A

beneficiary list for all the beneficiaries is available and thus research respondents were selected randomly using the excel software.

3.5 Research instruments

Primary data was collected using questionnaires and interview schedules. Document analysis was used to collect secondary data. Questionnaire and interview schedules were designed mainly from the literature that has been gathered and were used to answer research questions. The questionnaires consisted of both close ended questions that are easy to administer analyze while open-ended questions assisted the researcher to get in-depth understanding of the research phenomenon. The first section of the FFW beneficiary questionnaire seeks to establish the demographic characteristics of the respondents, the second section seeks to address the objective of participation of the community in project planning and implementation, the third section of the questionnaire seeks to address the objective of capacity building of the project participants. The fourth and final section of the questionnaire addresses sustainability of FFW projects. The project implementer's questionnaire comprised the following sections: The first section addresses the theme of community participation, the second section addresses the theme of capacity building, and the third section looks at partners strategy influence on sustainability while the final section focuses on sustainability of the FFW. The focus group discussions were guided by the theme of community participation, community capacity building and sustainability of FFW projects.

3.5.1 Validity of the instrument

Validity of an instrument is the extent to which research instruments measure what they are intended to measure .Validity therefore has to do with the accuracy of the data that is obtained in a study prior to using the questionnaire.

Content and construct validity of the instruments was evaluated by an expert in research. Further, Pre-testing was conducted to facilitate determination of the accuracy, clarity and suitability of the research instrument. This was through a pilot test that was employed on 10 FFW beneficiaries randomly. Mugenda and Mugenda (2003) indicate 10% of the sample size is sufficient for pretesting. Pretesting of the instrument assisted the researcher

to identify the areas of ambiguity of the study instruments and the necessary corrections were made.

3.5.2 Reliability of data collection instruments

Reliability refers to the consistency of measurement. The research utilized the Cronbach's alpha of 0.70 to check internal reliability. According to Mugenda and Mugenda (2003), the higher the alpha, the more reliable the research. The alpha is denoted as:

Alpha=Nr (l+r (N-I))

Where r= the means inter - item correlation

N= number of items in the scale

According to Hair et. al., (2010) a 0.6 Cronbach's bunch alpha coefficient is adequate.

Furthermore, to enhance validity and reliability of data, triangulation was employed at two levels; Data triangulation: involved the collection of data from different sources. Which included, project beneficiaries, development staff as well as key informants. Methodological triangulation; a combination of the both qualitative and quantitative methods of data collection was employed. Results from the focus group discussions and those from the interviews were compared as a means of establishing validity of the data that was collected during the surveys. Areas that had inconsistency were noted by the researcher and amendments made.

3.6 Data collection procedures

The study utilized both primary and secondary sources to collect data. Questionnaires were used to collect data from household representatives as well as from project implementers. This ensures triangulation and objective data analysis. The researcher engaged two research assistants who were trained and informed on the purpose, objectives and other important aspects of the research to assist in the administration of research instruments to the respondents.

3.7 Methods of data analysis

In this study the dependent variable is sustainability of Food for work created assets while the independent variables are the factors influencing sustainability of the Food for work created assets. Descriptive statistics was used to analyze the data where descriptive statistics enables the researcher to describe a distribution of scores or measurement using indices or statistics. The collected data was coded and entered into the computer using the Statistical Package for Social Sciences (SPSS).The data was checked for consistency and completeness then analyzed.

3.8 Ethical considerations

The researcher informed the respondents of the research without coercion and exaggeration, only those consenting were interviewed. To enhance the degree of confidence of the respondents, no personal identification details were required in the questionnaires or interviews.

3.9 Operational definition of Variables

Table 3.1 has been used to illustrate the operation of the variables, as they will be used in this study. The table captures details that are related to the independent variable as well as the dependent variables. The moderating variables have been left out since it would be difficult to demonstrate their relationship in this particular table however this is well illustrated in the conceptual frame work.

Table 3.1 : Operational Definition of Variables

Objective	Variable	Indicators	Measurements	Scale	Data collection methods	Data analysis
To determine the extent to which participation of community in project design and implementation influences food for work sustainability	Independent variable-community participation	PRA frame-work and application	-PRA framework -Staff knowledge in PRA tools -Staff applying PRA	Ordinal	Questionnaire	Descriptive
		Involvement in project design involvement in implementation	-Number of respondents involved in project design -Number of respondents involved in implementation	Ordinal	Questionnaire	Descriptive
To establish how capacity building of the community influences food for work Sustainability	Independent community capacity Building	Training of beneficiaries user committees	-Presence functional of user committee -Maintenance of FFW created asset	Ordinal	Questionnaire	Descriptive
To assess how linkage of partners development strategies influence on sustainability of food for work projects	Independent variable-linkage to partners development strategy	Development staff involvement in Food for work project	-Partners development staff involved in project design and implementation -Incorporation of development activities in Food for work -Availability of follow up framework -Availability of follow up resources	Ordinal	Questionnaire	Descriptive
To investigate factors influencing sustainability of FFW created assets	Dependent Variable Sustainability	Maintenance Functionality	-Maintenance of the FFW created asset -Functionality of the FFW created assets	Ordinal	Questionnaire	Descriptive

CHAPTER FOUR
DATA ANALYSIS, PRESENTATION AND INTERPRETATION

4.1 Introduction

This chapter comprises of the summary of analyzed data. The findings are based on the objectives of the study with the aim of establishing the factors influencing the sustainability of food for work projects in Isiolo County. The specific areas in this section include; the questionnaires return rate, the demographic data for the respondents, and analysis of the findings of the research questions.

4.2 Questionnaire return rate

The research targeted a sample size of 90 respondents drawn from a population of 900 project beneficiaries. Out of the 90 questionnaires that were distributed, 86 fully filled usable questionnaires were returned. This gives a questionnaire response rate of 95.5% which is considered to be sufficient as any response above 50% is considered to be adequate (Punch, 2003). All the project implementers were available and returned the fully filled questionnaire giving a questionnaire return rate of 100%.

4.3 Demographic characteristics of the respondents

This section aims at establishing the demographic characteristics of the beneficiaries. Specifically, it covers the respondents' gender, the age, level of education, marital status and household size. Demographic characteristics of the respondents are important for they also may contribute to the sustainability of the project. Table 4.1 show the distribution of respondents in terms of age, gender, marital status and education level of the respondents.

Table 4.1 : Descriptive analysis of respondent's demographic characteristics

DESCRIPTION	FREQUENCY	PERCENT	CUMM
Age of beneficiaries			
20-29 years	40	46.43	46.43
30-49 years	15	17.86	64.29
50 and above	31	35.71	100
TOTAL	86	100	100
Gender			
female	69	80.36	80.36
Male	17	19.64	100
TOTAL	86	100	100
Marital status			
Married	72	83.93	83.93
Single	5	5.36	89.29
Widowed	9	10.71	100
TOTAL	86	100	100
Education			
None	51	58.93	58.93
primary	26	30.36	89.29
secondary and above	9	10.71	100
TOTAL	***86***	***100***	***100***

Table 4.1 above is a presentation of descriptive analysis of the demographic characteristics of the participants; specifically distribution of; the age of the respondents, gender of respondents, marital status and level of education have been discussed.

4.3.1 Age of the respondents

The results of table 4.1 indicate that 40 out of the 86 respondents forming 46.43% of the respondents were within the 20-29 years age bracket which forms majority of the respondents. This was followed by respondents within the age of 30-49 years were at a percentage of 21.43 with a frequency of 15 respondents while those within the age of 30-39 years formed 17.86% of the respondents .Respondents over 50 years had percentage of 14.28% each. This shows that beneficiaries within the age bracket of 20-49 years formed the majority of the beneficiaries and is in agreement with the general consensus that project beneficiaries within a food for work project should comprise of able bodied individuals who contribute to the FFW project through labor. This may contribute to project sustainability since majority of the project participants

are within the productive age group and are there able to contribute to the project through labor.

However,35.71% of the project participants also included beneficiaries with the 50 years and above age bracket indicating that the criteria for selecting able bodied people was not strongly adhered to. This proportion is also quite significant and the researcher infers that it also has the potential to impact negatively on the sustainability of the food for work projects.

4.3.2 Gender of the respondents

Gender of the projects participants was of interest to the researcher while establishing the sustainability of the food for work projects because in patriarchal societies like Turkana where roles are clearly delineated, women are the main food seekers in the households, as such FFW for work projects where the means of remuneration is food ration attract more women than men. Further ,the researcher was also interested in establishing the gender of the beneficiaries because this may influence sustainability of the food for work projects .For instance in cases where the representation of women is significantly higher than that of men, project sustainability may compromised given that in patriarchal societies men are the main decision makers. In such patriarchal society it is imperative to ensure that there is a significant representation of both genders as it is likely to enhance project ownership and consequently sustainability.

From the gender disaggregated data, the researcher establishes that 80.36% with a frequency 69 out of the 86 respondents were women while men formed 19.64% of the respondents. From sex disaggregated focus group discussions that were conducted, women indicated that while generally during beneficiaries registration the household head name will be registered as the beneficiary, women are majorly the ones who engage in the food for work activities. Further, the women stated that since men do not find FFW projects attractive to them and they no longer have livestock that they can herd, they prefer sitting under the tree shade while the work on the water pans in order to fed for their families.

4.3.3 Education of the respondents

The researcher found it worthwhile to establish the level of education of the respondents because education facilitates the acquiring of new skills that may be

necessary in ensuring that there is continued maintenance of the assets that are created through the food for work projects. Continued flow of benefits is a core aspect in ensuring that sustainability of a given project is achieved.

Descriptive analysis on education of the respondents indicates that, 58.93% have not been in any formal training while 30.36% had attained primary level training with only 8.93% having attained secondary level. This shows that majority of the project participants had not attained any level of formal training with a few participants having attained some formal training. This may be attributed to the fact that in the case of FFW, while it targets able bodied person in the community, the most vulnerable from an economic perspective as well as food security perspective are usually targeted.

4.4 Influence of participation of the community in project design and implementation in project sustainability

This section sought to establish the participation of the project participants in the design of the project. Specifically, it sought to establish the participation of the community in problem analysis, participation in identification of a suitable project and identification of the project location. Participation of the community in the full cycle of the project is a valuable towards project sustainability as it enhance the ownership of the project by the community. Further, participation of the community in needs analysis /problem analysis ensure that the project created is addressing the key need or problem in the community and therefore further builds community ownership. Table 4.2 seeks to address the different aspects of participation of the community in project management. The following aspects of participation are presented in the table; Participation by the community problem analysis, participation through identification of the type of community assets to be constructed through the food for work project, participation through identification of the site where the asset would be situated ,participation through identification of project participants ,participation through contribution of materials that are required during construction of the water pans ,participation by working at the project site and participation through identification of the project leaders.

Table 4.2 : Descriptive analysis of respondents Participation in design and implementation of project

Description	*frequency*	*Percentage*	*cumulative*
identification of project			
NO	45	51.79	51.79
YES	41	48.21	100
TOTAL	86	100	100
Problem analysis			
No	68	78.57	78.57
YES	18	21.43	100
TOTAL	86	100	100
identification of assets			
No	*55*	*64.29*	*64.29*
yes	31	35.71	100
TOTAL	86	100	100
identification of site			
No	43	50	50
yes	43	50	100
TOTAL	86	100	100
Identification of participants			
No	43	50	50
yes	43	50	100
TOTAL	86	100	100
Contribution of Materials			
No	72	83.93	83.93
yes	14	16.07	100
TOTAL	86	100	100
working at site			
No	11	12.5	12.5
yes	75	87.5	100
TOTAL	86	100	112.5
id of project leaders			
No	32	37.5	37.5
YES	54	62.5	100
TOTAL	**86**	**100**	**100**

Table 4.2 above presents a descriptive analysis of participation of project participants in project implementation through identification of project, problem analysis, identification of assets, identification of site, identification of participants, contribution of materials, working at site, id of project leaders.

Participation of the respondents during needs assessment and problem analysis 68 of the 86 which forms 78.57% respondents indicated that their involvement in the problem analysis and identification of the project was very low. While 18 which forms 21.43% of the respondents indicated that they had been involved in problem analysis is some way. On their involvement in identification of the type of asset to be constructed 64.29% indicated that they were not involved in identification of the assets to be constructed. Further, when asked on whether they were aware who recommended that asset would be constructed most responded that they only know that the project officer responsible for the project asked them to so. Further, the beneficiaries indicated when asked whether they were involved in the identification of the asset to be constructed during the FFW project 55 indicated that they were informed of the need to construct the water pans by the project officers in charge of the projects. While 27 of the participants despite appreciating that the assets that were created in the community were helpful indicated not understanding who indicated that water pans were to be constructed in the community. In participation of the respondents in identification of the project site, 43 indicated involvement in identification of project site while 43 indicated a low involvement in identification of site.

On participation of the beneficiaries through contribution of materials, 72 of the respondents forming 83.93% of the total respondents indicated that they did not contribute any materials towards construction of the water pans.9% indicated that they had contributed materials for construction such as equipment need for example the machetes for clearing of the bush in preparation of the water pan construction site.

Of the 86 participants that were interviewed, 75 indicated a high participation in the project through labor while 11 indicated a low contribution .This being a food for work project, it is anticipated that the community would indicate a high participation in the work.

4.5 Capacity building of the community for the management of the community assets in project sustainability

This section sought to establish capacity building of the community in order to equip them to manage the community assets created after project closure. Specifically, it was sought to establish the presence and functionality of a local committee, training

of the community in management of the asset created and the scope covered by the training. Capacity building of the community is paramount to project sustainability as it facilitates sustainability by equipping the community with skill that required in maintaining the community assets that have been created. More to this, capacity building also results to behavior change that is geared towards project sustainability.

Table 4.3: Capacity building of the community in maintenance of the water pan

Description	***Frequency***	***Percentage***	***Cumulative***
Presence of a local committee			
No	55	64.29	64.29
YES	31	35.71	100
TOTAL	86	100	100
technical skill			
NO	54	62.5	62.6
YES	32	37.5	100
TOTAL	86	100	100

Table 4.3 above represents a description of responses in capacity building. Here, there is a presentation of respondents' responses in regard to the presence of a local committee and the availability of technical skills need for the maintenance of the community water pan.

Out of the 86 respondents, 31 indicated that the during the project cycle, local committees to managed the assets created were formed this represented 64.29% of the respondents. During focused group discussion, it was established that in most cases the committees that were in place were the ones that were established by the implementing partners to assist and supervise the food distribution activities.

The committees functions as stated by the respondents were; ensuring that the fence of the water pans was maintained, supervision of the water pans during watering of the animals by the community. The roles that were played by the water user committee were not conducted in any structured manner. Additionally the researcher observed that despite the respondents indicating that there were functional committees in these groups, there was low level or poor maintenance of the water pans; most of the pans needed de-silting and the fences around them were broken.

It was established that 64.29% lacked a functional committee further only 35.71 of the groups indicated having received any technical training on the maintenance of the water pans. Where respondents indicated having participated in trainings ,the training were not directly focused on the continued maintenance of the water pans but were rather on hygiene and sanitation as well as on how to fence the water pan additionally the respondents indicated that they were instructed by the project officers to take care of the water pans. The user committees that were in existence the respondents indicated they had no linkage to the government.

On availability of the technical skills required to maintain the water pans, 54 of the respondent who formed 62.50% of the project respondents indicated that the technical skills required for the maintenance of the water pans were lacking. This is in agreement with Thomas (1990) who indicates that among other factors, for sustainability to be achieved in any development project, training needs to form a strong component.

4.6 Influence of partners development strategy on sustainability of FFW project

This section comprises a qualitative descriptive analysis from responses by the personal implementing the food for work project in Isiolo county through World Renew development partner; Anglican Development Services of Mt Kenya East.

On the involvement of the partner's staff in the design of the implementation of the Food for work projects, 3 of the 5 respondents that were interviewed indicated that they were involved in the design of the projects as well as implementation .On the other hand, 2 of the respondents indicated that they were not involved in design of the project since they got hired by the organization at the beginning of the implementation. Those who indicated that they were involved in the design of the project further elaborated that their involvement was helping the community select on the type of asset that would be constructed by the community, identification on the location of assets.

On the question whether ADS MKE has a follow up strategy on the FFW created assets, all the 5 respondents indicated that there was no follow-up strategy on the FFW created. Further, it was mentioned that follow-up of such projects after closure is usually dependent on availability of resources and the priorities of the organization at a given time. The respondents indicated that some of the challenges that were

associated with sustainability of the FFW created assets were; the short term nature associated with the FFW projects thus the time to fully engage the beneficiaries is not sufficient .Further, it was indicated after project closure the beneficiaries and the community at large lacked post-project incentives that would motivate them to continue maintain the water pans that have been created.

On capacity building of the community on maintenance of the project created, 2 respondents ranked it as good while 3 of them ranked it as satisfactory .Maintenance of the water pans by the community after project closure was ranked by all the five respondents as poor. This is in consensus with the quantitative information that was gathered where 95% of the respondents indicated that the water pans were poorly maintained by the community. Photos taken by the researcher validated this further .Some of the water pans were observed to be in need of de-silting.

On sustainability of the water pan created, a score of the proxy indicators; ownership, functionality of the water pans and continued benefits after the closure of the FFW project was rated at an average of 3. Where a scale of 1-6 had been established with any score below 3 being rated as poor sustainability of the asset created from food for work and any score above 3 was rated good sustainability of the project.

4.7 Sustainability of the food for work projects

This section consist of responses on the indicators of the independent variables; Specifically, since it is difficult measure sustainability as an outcome , Sustainability was measured using proxy indicators .These indicators were ; Maintenance of the assets created by beneficiaries after project closure, functionality /continuation of benefits after project closure and ownership of the project by the community. To score sustainability, each of the proxy indicators was given a score of 1 to 3 where 1 was for poor and 3 for good. Sustainability as a factor was given a score of 1 to 6 where projects that were unsustainable were scored at 3 and below and sustainable projects were scored at 4 and above.

Table 4.4 : Sustainability of food for work projects

	Frequency	*percent*	*Cumulative*
sustainability			
No	35	41.07	41.07
Yes	51	58.93	100
Total	86	100	10

Table 4.4 above represents a description distribution of participant's responses in relation to project sustainability. After analysis of the questionnaires against the set indicators it was established that 58.93% of the assets created were sustainable while 41.07% of the projects were deemed to be unsustainable.

4.8 Univariate analysis of sustainability against the independent variables

The researcher sought to test the association of each independent variable to sustainability without looking at confounding variables. Odd ratio, demonstrates that a given outcome will occur given a specific exposure. This is with the view of shortlisting the significant variables after which multivariable analysis would be undertaken.

Table 4.5: Univariate analysis of sustainability against the independent variables

sustainability	**odds ratio**	**Remarks**
Age of beneficiaries		
20-29 years	0.1737	significant
30-49 years		
gender	1	Not significant
Marital status	0.21	Not significant
education	0.4	Not significant
identification of project	0.289	Not significant
Problem analysis	0.0956	significant
identification of assets	0.092	significant
identification of site	0.5875	Not significant
Identification of participants	0.2772	Not significant
participation by working at site	0.1104	significant
identification of project leaders	0.2626	Not significant
local committee	0.0237	significant
technical skill	0.0919	significant

Table 4.5 above represents a univariate analysis of sustainability against the independent variables.

From calculation of the odds ratio, age of the beneficiary was at R value of 0.1737, involvement of respondents in problem analysis at R value of 0.095, Involvement of respondents in identification of the assets to be constructed at R value 0.092, participation of the beneficiaries by working at the site at R value 0.1104, presence of a local committee to manage the asset created at R value 0.0237 and technical skill 0.0919 were found to have a significant association with sustainability of the projects created after food for work .

From the odd ration calculation, the researcher establishes that sustainability of the assets created following Food for work would occur if the project participants were exposed to the following factors; If the participants have attained some level of education, sustainability is likely to be achieved since the participants are likely to have a higher understanding of the concepts that are need to maintain the assets created. Further, from the analysis ,the researcher also observes that age of the participants is also significant while establishing a food for work project since it is imperative to have able bodied person working of the project.

4.9 Multivariable analysis of sustainability against independent variables

The researcher conducted multi variable analysis of sustainability against the factors that were found to be significant from the odds ration that was calculated during the univariable analysis.

Table 4.6: Multivariable analysis of sustainability against independent variables

Multivariable analysis cut off P value -0.05	
Sustainability	**R value**
technical skills	0.09
age 20-29	0.4183
age 30-49	0.8468
problem analysis	0.4338
identification of assets	1
working at site	0.8443
presence of a local committee	0.3171
technical skills	0.2515

Table 4.6 above represents a multivariable analysis of the significant independent variables against the dependent variable sustainability.

From the multivariable analysis conducted, the researcher observes that none of the independent factors had a significant association with the dependent variable sustainability. From this the researcher infers that for sustainability to be achieved none of the independent factors is sufficient by itself. In more specific terms, the factors above work in complementarity to ensure that sustainability of the development projects is achieved.

CHAPTER FIVE
SUMMARY OF FINDINGS, DISCUSSION, CONCLUSION AND RECOMMENDATIONS

5.1 Introduction

This chapter is provides a discussion on the findings derived after the analysis of the independent variable against the factors influencing this variable. Further, the chapter also gives a discussion on the finding and conclusion. It also provides recommendations on how the findings of this project can be utilized to enhance sustainability of future food for work projects.

5.2 Summary of findings

The study focused on establishing the factors that influence sustainability of food for work project in Isiolo. Isiolo was selected as the area of study since the researcher had observed that despite FFW project being implemented In Isiolo for a long period of time, the assets created after the food for work project closure were unstainable.

5.2.1 Influence of community participation in project design and implementation on project sustainability

From the study conducted, the researcher observes that the community was involved in some way in the design and implementation of the project. While the results demonstrate that some of the participants were involved in some way in the planning of the project, it is worthwhile to note that a significant percentage of the respondents (78.57%) indicated that they were not involved in problem analysis while (64.29%) indicated that they were not involved in the identification of the assets to be constructed. Multivariable analysis for association indicated none of the three factors outweighed the other in terms of importance of association.

In implementation of the project while a large proportion of the respondents indicated that they were involved by working at the site with a percentage of 87.5%, other areas of project implementation such as participation through contribution of the materials required has much lower percentage of 16.07%.Univariate analysis to establish if there was significant association between sustainability and participation of the beneficiaries showed that there was significant association. Specifically, the proxy indicators for participation of beneficiaries that had a significant association with sustainability were problem analysis with odds ration value of 0.0956, Participation

through working at the project site with an odds ration value of 0.1104 and participation through identification of the assets to be constructed with an odds ration value of 0.092.

5.2.2 Influence of capacity building on sustainability of food for work projects

On capacity building of the community on the maintenance of the water pans created, the researcher observes that out of the 64.29% indicated that they lacked functional committees that were responsible for the maintenance of the water pans that were created. Further the researcher observed that even where the committees existed, they were not necessarily elected for the purposes of maintaining the water pans but rather had been selected for the running of the food for work projects .Their mandate in terms of mobilizing the beneficiary committees towards maintaining the water pans was not very clear to them.

On technical skills that are required for the maintenance of the water pans, 62.5% of the respondents indicated that they had not received any training during the implementation of the project. On the other hand 37.5% indicated that they had received some form training .During focused groups discussion, the researcher however established that these training were not necessarily linked to maintenance of the water pans but rather focused on issues such as sanitation. Univariate analysis of the association of capacity building to sustainability using odd ratio yielded a value of 0.0919 for the availability of technical skills in the community and 0.0237 for the availability of a local committee to manage the assets created demonstrating that these factors were significant for the sustainability of the assets created.

5.2.3 Influence of partners involvement in sustainability of food for work projects

From interviews conducted with partner, it was established that the partner organization did not have a clear interaction between the development work that was being implemented by the organization and the emergency component. Additionally the researcher observes there was not specific exit strategy. This was majorly curtailed by insufficient resources at the disposal of the partner in terms of financial as well as the human resources needed to ensure that there is a transition from relief work to development work.

5.3 Discussion of findings

This section gives an elaborate discussion of the findings resulting from the research on factors influencing sustainability of the food for work project.

On demographic characteristics of the respondents the researcher observes that the age of majority of the respondents was within the 20-29 years of age at frequency of 46.43% and 17.86 % respectively. Foods for work, the participants are supposed to be able bodied members of the community who can contribute to the project through labor. The researcher however notes that a significant proportion of the beneficiaries were above the age 50 years where this formed 35.71%. This has the potential to negatively impact on sustainability of the assets created through food for work as the contribution of the people within this age group in terms of labor is minimal.

On gender a majority of the participants were women where they formed 80.36%, food for work projects where the model of remuneration is through food attracts more women than men since women are the major food seekers in the traditional African communities. In patriarchal societies like Turkana, where men are the major decision makers, there is a likelihood that this can negatively impact on project sustainability because in cases where men are the main decision makers it means that ownership is compromised as few of them participate.

On education majority (58.93%) of the food for work beneficiaries had not achieved any form of formal education. Education facilitates the community to acquire skills are needed to ensure maintenance of the assets created. From the observation of this study education of the beneficiaries may negatively impact on sustainability of the assets created.

From the findings of this study, the researchers infers that the participation of community in problem analysis was very low where 78.57% of the respondents indicate that they were not involved in problem analysis. Problem analysis ensures that priority needs of a community are identified and the projects that are designed are geared towards solving a specific community problem. Further, involvement of the community in problem analysis and project identification facilitates community ownership as the community feels that the project is addressing their needs as they perceive them rather than how they are perceived by the project implementers.

On identification of the assets that was created, participation of the respondents was low forming 64.29% of the respondents. Participation by the community in selecting the type of the assets that would be created should be followed by problem analysis. Participation in selection of the asset ensures that the community owns the asset. Further participation in identify of the project site 50% of the respondents indicated that they were not involved. Involvement in selection of the site ensures that the asset created is accessible to a great majority of the community .When the community involvement is low there is a high possibility that location of the assets may favor some of the community members while dis-favoring others. This in-turn compromises ownership and sustainability.

On participation through identification of the project participants 50% of the respondents indicated that they were not involved. Participation in identification of the participants enhances beneficiary accountability and transparency which also leads or builds community ownership. A low participation of the other had in beneficiary selection may lead to suspicion of the criteria that was used to select the participants and in turn result to compromise on project sustainability.

On participation through contribution of materials 83.93% of the respondents indicated that they did not contribute through giving of materials. While in FFW projects ,beneficiaries is usually through labor contribution through giving materials needed for construction also forms part of the in-kind contribution by the beneficiaries. In projects where the participants feel they have contributed resources that belong to them, the ownership is usually higher.

The findings of the study agree that participation of the beneficiaries in full cycle of project planning is critical to the sustainability of the assets created. Kumar (2002) alludes to this when he says that the genuine participation by the community increases efficiency, effectiveness, self-reliance and sustainability of the project. Further, Heck (2003) also asserts this when he says that in participatory development where beneficiaries contribute to the planning and implementation of the project there is enhanced project ownership and an enhanced sustainability of the project. While participation of the beneficiaries in design and implementation of the project is critical to sustainability, it must be complemented by other factors.

On capacity building of the community and equipping them with skills that would enable them to maintain the community assets that were created, the researcher observes that capacity building of the community was lacking given that 64.29% of the respondents indicated that there was no functional water committee mandated with the responsibility of ensuring that there is proper usage of the asset created as well as ensuring maintenance. Further while some (37.5%) of the respondents indicated that they had received some form of training, the trainings were not geared towards equipping the community with skill that would help them maintain the assets that had been created. The researcher from these findings infers that inadequate capacity building of the community meant that they lack the skills that are required to manage the community assets that were created. This is in consensus with the work of Tamali who indicates that building of the capacity of the beneficiaries is a critical factor in sustainability as it enables the beneficiaries to take over the project/assets created after the project closure thereby maintenance of the benefits, Tamali (2002)Capacity building of the beneficiaries therefore, especially by equipping the community towards behavior change is a critical factor in ensuring sustainability of projects created as it had been deciphered from the findings of this research..

5.4 Conclusion of the study

From the finding the researcher infers that sustainability of the FFW projects was influenced by all the factors of the study .Specifically ;Participation of the beneficiaries in the full cycle of the project, capacity building of the beneficiaries ,and linking of the partners development efforts to FFW projects.

From the findings of the study, for sustainability of projects to be achieved the following factors must be incorporated; participation of the beneficiaries in the full cycle of project management, capacity building of the community and equipping them to take over the project after project closure and integrating of relief to development. None of these factors led to sustainability if employed in isolation from the other factors. Instead these factors work in complementary and thus should be employed together in order to provide synergy and eventually achieve sustainability.

5.5 Recommendations

i. From the findings of this study, the researcher recommends that to ensure sustainability, the project implementers should ensure that the participation of the community is integrated in the project from the project design phase, implementation, monitoring and evaluation. To ensure that this is achieved, capacity of the implementing partner's staff in participatory facilitation methodologies needs to be built. With the full participation of the community in the full phase of project management, there is enhanced project ownership and sustainability is also expected.

ii. Further, the researcher also recommends that the project should also seek to build the capacity of the beneficiary community in management of the assets that are created as a result of the food for work projects. Capacity building in this case not only entails training but walking with the community to the extent where there is behavior and attitude change.

iii. For the implementing partners and the funders, there is a need to explore avenues for linking relief to development .Given the short-term nature of relief projects there needs to be a seamless transition of the relief work where development builds on the gains of relief work and vice versa.

iv. Finally given that all the factors discussed above work in complementarity to create synergy towards sustainability, the researcher recommends that all of them should be factored into program management in the same measure to ensure that sustainable development is achieved.

5.6 Suggested areas for further research

Food for work continues to be a preferred model of implementation of relief where it is hoped that the communities benefiting from food for work would create community assets that improve their food security status. As such the researcher proposes the following areas for further studies.

1. Given that the researcher observes that more women are involved in FFW project, there is need to explore whether food for work project increase the labor demand on women thereby compromising their ability to take care of their families. Specifically, the study should consider looking at whether the labor demand has an influence on the nutrition of the family.

2. There is need to explore other models of remuneration during food for work especially in Isiolo context. The researcher proposes a comparative study between food for work and cash for work to determine whether cash for wok would act as an incentive to men to ensure that more of the men are involved in the projects.

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APPENDICES

APPENDIX I: LETTERS OF TRANSMITTAL

Jeniffer Waiyego Kariuki,
University of Nairobi,
Department of Extra Mural Studies,
P.O. Box 70788 00400,
Nairobi.

Dear Respondent,

Ref: Factors influencing sustainability of Food for Work project case of World Renew; Isiolo Central County

My Name is Jeniffer Waiyego and I am a student at the University of Nairobi pursuing a Master's degree in Project Planning and Management. In partial fulfillment for the award of a Master's degree, I wish to carry out a research on the factors that influence the sustainability of food for work created assets –A case of World Renew project in Isiolo Central County. You are under no obligation to participate in this study. However, if you chose to participate in the research, anonymity and your confidentiality that of your organization as well as the volunteering project participant will be maintained. If you have any questions regarding this research study, you can contact me;

Yours Faithfully,

Jeniffer Waiyego Kariuki
L50/84071/2012

APPENDIX II: FOOD FOR WORK BENEFICIARIES QUESTIONNAIRE

	DD	MM	YEAR	
Date				
Location				
Enumerators Name			Signature	

SECTION ONE : DEMOGRAPHIC CHARACTERISTICS

1	Please indicate your gender	1)Male ☐	2)Female ☐
2	Kindly indicate your age	0)20-29 years ☐ 1)29-39 years ☐	
		2)39-49 years ☐ 4)50 and above ☐	
3	Kindly indicate your Marital status	0)Single ☐ 1)Married ☐	
		2)Divorced ☐ 3)Widowed ☐	
4	Please state your highest level of education	0)Non –educated ☐	
		1)Primary level ☐	
		2)Secondary Level ☐	
5	Kindly indicate the size of your household		

SECTION TWO: PARTICIPATION IN DESIGN AND IMPLEMENTATION OF FOOD FOR WORK PROJECT			
6	Did you participate in the Food for work project?	0)YES ☐	1)NO ☐
7	If Yes how were you selected to be a food for work beneficiary?	0)Selected by the community elders ☐	
		1) Selected by ADS staff ☐	
		2) I do not know how I was selected ☐	
7	Did your family ever receive an invitation from ADS MKE to participate in food for work consultations?	0)YES ☐	1)NO ☐
8a	Were you involved in the design of the Food for work project?	0)YES ☐	1)NO ☐
b	I f yes to question(8a) above, kindly indicate how you were involved	0)Identification of the assets to be constructed	☐
		1)Identification of asset site	☐
		2)Identification of project participants	☐
9a	Were you involved in implementation of Food for work?	0)YES ☐	1)NO ☐
b	if yes to question(9a) above how were you involved(tick where appropriate)	0) Contribution of construction materials	
		1)Working at the water pan	
		3)Maintenance of the water pan	
		4)Selection of the Food for work leaders	
		0)Disagree	

10	The community assets created is in line with my priority needs		
		1)Agree	
		2)No Opinion	
		3)I strongly agree	
11a	Do you use the water pan created regularly	0)YES ☐	1)NO ☐

SECTION THREE: CAPACITY BUILDING OF THE COMMUNITY

12 Kindly tick the 4.Please tick (√) the number that best describes the general performance of the project in the following areas:

KEY

3=Satisfactory, 2=Poor, 1=Very poor

	3	2	1
Training in maintenance of the FFW asset			
Functionality of the user committee			
Application of the assets maintenance knowledge			
Participation in maintenance of the asset			

SECTION FOUR: SUSTAINABILITY OF THE FFW CREATED ASSETS

4.Please tick (√) the number that best describes the general performance of the FFW created assets in the following areas:

KEY

3= Good ,2= Satisfactory , 1= Poor

Project performance in:	**3**	**2**	**1**
Ownership by the community			
Functionality (usage of the FFW created asset by the community)			
Continued maintanance of the FFW created asset by the community			

APPENDIX III: DEVELOPMENT STAFF QUESTIONNAIRE

DATE_____

SECTION 2; COMMUNITY PARTICIPATION

1) How long have you worked in ADS MKE as a development staff?.....……

……

2) Have you been trained in an participatory methodology

3) Does ADS MKE apply Participatory tools in development?

4) If Yes which tools are these?.....

5) What are some of the hindrances to application of the development tools?

6) In your words, kindly define community participation

……

……

……

……

7) Kindly rank your view of community participation in the communities that you work in the community you work in.

Very good ☐ Satisfactory ☐ No Comment ☐ Non satisfactory ☐

Very poor ☐

6. Please tick (√) the number that best describes community level of participation in the project design and implementation.

KEY: 5=Excellent, 4= Good, 3=Satisfactory, 2=Poor, 1=Very poor

Activity	**1**	**2**	**3**	**4**	**5**
Problem analysis					
Design of the FFW					
Making key decisions concerning the project					
Contribution of resources					
Monitoring of projects progress					

9) What can be done to enhance community participation……..

……

……

……

……

SECTION TWO: LINKAGE OF PARTNERS DEVELOPMENT STRATEGY TO FOOD FOR WORK

9.Are you normally involved in design and implementation of FFW projects?

YES ☐ NO ☐

10. If yes to question 9a above, how are you involved?.....

……

……

11. Does ADSMKE have a follow up strategy for the FFW created assets?

YES ☐ NO ☐

12. Does ADS MKE have designated resources for the follow up of FFW created assets? YES ☐ NO ☐

13. In your opinion what do you think are some of the challenges that compromise sustainability of FFW created assets?

SECTION THREE; CAPACITY BUILDING OF THE COMMUNITY

1. Kindly rank the level of capacity building of the community in maintenance of FFW created assets

Excellent ☐ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

2. Kindly rank the level of application of the maintenance skills that is employed by the community in maintenance of the FFW created assets

Excellent ☐ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

SECTION FOUR; SUSTAINABILITY OF THE FFW CREATED ASSETS

4.Please tick (√) the number that best describes the general performance of the FFW created assets in the following areas:

KEY

5=Excellent, 4=Good, 3=Satisfactory, 2=Poor, 1=Very poor.

Project performance in:	**1**	**2**	**3**	**4**	**5**
Ownership by the community					
Functionality (usage of the FFW created asset by the community)					
Continued maintanance of the FFW created asset by the community					

APPENDIX IV: FOCUS GROUP DISCUSSION GUIDE

SECTION 1; PARTICIPATION OF THE COMMUNITY IN PROJECT DESIGN AND IMPLEMENTATION

1. Are you aware of WR/ADS projects in your community?
2. Has your community been invited for any consultative meeting by WR/ADS? If yes what did the meetings entail?
3. Does your community participate in the design of these projects if so how?
4. Does your community participate in the implementation of these projects if so how?
5. What would increase the participation of your community?
6. What hinders your community from participation

SECTION 2; CAPACITY BUILDING OF THE COMMUNITY

1. Has your community received any training by WR/ADS? If yes what did it entail?
2. Does your community have a asset user committee?
3. Is the committee functional?

SECTION 3; SUSTAINABILITY OF THE FFW CREATED ASSETS

1. Does the community asset created by FFW serve the needs in your community?
2. Is the FFW created asset functional?

   Does your community participate in maintenance of the FFW created asset